

## COLONOSCOPY PREPARATION INSTRUCTIONS

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## EXTENDED DOUBLE CITRATE OF MAGNESIA / MIRALAX / DULCOLAX PREP

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again, one week prior to your test date**.

**HELPFUL TIP:** Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) **SEVEN DAYS PRIOR TO PROCEDURE FOLLOW A LOW RESIDUE DIET; NO marijuana the day before and day of procedure; NO tobacco use the day of procedure.**

TEST DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

(In any pharmacy, or grocery store in laxative aisle.)

1. One 238 gram bottle of Miralax (8.3 oz.)
2. Two Dulcolax Tablets (Laxative, NOT Stool Softener)
3. Two 10oz bottle of Citrate of Magnesia
4. 64 oz. of any clear liquid (clear juice, fruit drinks, Gatorade, clear soda) (nothing red in color)

### HOW TO TAKE THE PREP:

1. ON THE DAY BEFORE THE TEST \_\_\_\_\_ Start clear liquid diet in AM (see sample diet)
2. 12 PM take 2 Dulcolax tablets with 8 oz. of clear liquid
3. 2 PM - Drink first 10 oz. bottles of Citrate of Magnesia (can be mixed with any clear liquid)
4. 5 PM Drink Second 10oz. bottle of Citrate of Magnesia (can be mixed with any clear liquid)
5. 6 PM- mix entire 8.3 oz. bottle of MIRALAX into 64 oz. of clear liquid of your choice and drink half of the solution every 15-30 min until consumed. Refrigerate the leftover 32 oz. of MIRALAX solution.
6. 5AM- Day of procedure \_\_\_\_\_ drink remaining 32 oz. of Miralax solution, 6-8 oz. every 15-30 minutes until completely consumed. You must finish this no later than 4 hours prior your arrival time.
7. You may continue your Clear liquid Diet during the evening/night and up to 4 hour prior to your arrival time

## Clear Liquid Diet for Colonoscopy Prep Day

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**No Red Colored liquids, ice or Jell-O, they may look like blood during the procedure. You MAY NOT have milk or creamer, or any alcoholic beverages on a clear liquid diet**

### Allowable Choices

- Black coffee (no milk or Creamer)
- Tea hot or cold (no milk or creamer)
- Sports Drinks (Gatorade, PowerAde, Pedialyte)
- Clear Soda (sprite, 7up, seltzer, ginger ale)
- Lemonade
- Broth or bouillon (chicken, beef, vegetable)
- Flavored Jell-O (no red)
- Lemon Ice or Italian Ice (no red)
- Clear Juices any flavor (apple, white cranberry or grape etc.)
- Crystal Light

**STOP all clear liquids 4 hours before your scheduled arrival time**